

Passiflora Newsletter March 2008

Ten Thoughts for a Vital Spring/Early Summer...

Muddy, Wet, Heavy Spring/Early Summer is on its way... and some of us may start to feel that way inside our bodies. Ayurveda, the science of life, provides us with some guidance as to how you and your family can “spring” through Spring.

1. *Add leafy greens and roots*, including **bitters** such as nettle leaf and dandelion root, to your diet. These foods are de-toxifying to the body, light and dry, and help us to prepare our bodies for the hot summer months ahead. Try our great-tasting **Passiflora Cleanse Tea** which includes these herbs and other de-toxifiers:

Dandelion Root: is used to reduce congestion and inflammation of the liver.

Nettles Leaf: strengthens and supports the whole body and is loaded with iron and vitamin C.

Burdock Root: is a valuable cleansing remedy often used for the treatment of skin conditions. Burdock will move the body to a state of health.

Licorice Root: soothes the endocrine system and is anti-inflammatory to all organs in the body.

Orange Peel: instills a beautiful aroma and tonifies the digestive system.

Cinnamon Bark: regulates the blood sugar levels and stimulates digestion.

2. Rise early with the sun and undertake or continue a morning *meditation practice*.
3. Although we do recommend raw milk, we do have so many healthful alternatives to dairy in almond, oat, and hazelnut milk to name a few. Have a terrific tasting smoothie at Passiflora prepared with **Paleogreens** or Berry Greens an organic blend of greens, teas and berries.
4. *Reduce the heavy sweet fruits* in your diet such as oranges, bananas, pineapples and melons. Add in lighter fruits such as berries and peaches.
5. *Decrease the use of oils...* although we have recommended all winter that most of you increase your omega-3 oil consumption, spring is the time of year to decrease dosage slightly. Continue to add Organic Coconut oil and GHEE (clarified butter) to your pantry.
6. For seasonal allergies, drink **Nettles Leaf** or our Passiflora's **Relax Your Allergy** tea.
7. Remember to *drink at least half your body weight in ounces of room temperature water* each day. To keep your digestive system healthy, drink **Ginger Root** tea.
8. Make room for the new by cleaning out those closets and shelves and giving away the stuff that you don't use to someone who will. Open up these windows and enjoy this process. Tackle one small space a week during the Spring season. (We love our Unclutter books by Karen Kingston).
9. Take a walk in nature each day.. ENJOY. One of your cheapest ways of preventing disease is to walk 30 to 45 minutes every day, ideally in nature.
10. Send yourself **ONLY** positive affirmations each day and please visit us.

PASSIFLORA TEA ROOM & HERBAL APOTHECARY **HEALTH * HAPPINESS * HERBS**

526 Main Street, New Hartford, CT 06057 Phone 860-379-TEAS

Mailing address, P.O. Box 79, New Hartford, CT 06057

E-Mail: Passifloratea@earthlink.net

Web Site: Passifloratea.com